

The background is a dark navy blue. It features several overlapping circles of varying shades of blue and grey, creating a sense of depth. In the center, there is a large circle with a white, multi-pointed star in its middle. The text 'HOLY' is positioned on the left side, and 'MOMENTS' is on the right side, both in a bold, sans-serif font with a yellow-to-orange gradient. Two horizontal lines, one above 'HOLY' and one below 'MOMENTS', span the width of the text.

HOLY

MOMENTS

Cultivating Gratitude

Give praise to the LORD, proclaim his name;
make known among the nations what he has done.

2 Sing to him, sing praise to him;
tell of all his wonderful acts.

3 Glory in his holy name;
let the hearts of those who seek the LORD rejoice.

4 Look to the LORD and his strength;
seek his face always.

5 Remember the wonders he has done,
his miracles, and the judgments he pronounced...

Psalm 105:1-6

Gratitude is oxygen to the soul. It revives
you, renews you, strengthens you for
another day.

A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry. And it helps fortify the believer's trust in the Lord and reliance of His provision, even in the toughest times. No matter how choppy the seas become, a believer's heart is buoyed by constant praise and gratefulness to the Lord.

– John MacArthur

- Give praise
- Sing to him
- Glory in his name: Celebrate and delight in God's great name.
- Look to the LORD
- Remember the wonders he has done; his miracles, his judgements.

- Make known among the nations what he has done (1)
- Tell of all his wonder acts (2)

- Make known among the nations what he has done (v. 1)
- Tell of all his wonder acts (v. 2)

Practice:

- Consider what God has done in your life this past year
- Write down what you are grateful to God for in 2025